

## ABSTRACT OF THE DISCLOSURE

**[0048]** A fiber reinforced composite is formed using a shrinkable die. A composite of fiber and resin is placed in the die and is compressed by shrinking the die to form a desired transverse cross-section. Optionally, the die is bent along its lengthwise extent to shape the composite in the die. After shrinking and optional shaping, the composite is cured to form the fiber reinforced composite.